<table>
<thead>
<tr>
<th>Sunday 9am-4pm</th>
<th>Monday 10am-6pm</th>
<th>Tuesday 10am-6pm</th>
<th>Wednesday 11am-7pm</th>
<th>Thursday 10am-6pm</th>
<th>Friday 11am-7pm</th>
<th>Saturday 9am-4pm</th>
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</thead>
<tbody>
<tr>
<td>1pm</td>
<td>1</td>
<td>10am – 11:45: Lighthouse Group (Only) 1pm: Intro to Recovery 2pm: TED Talks 4:30pm: AA Lit Meeting</td>
<td>11am: Morning Mindfulness 1pm: Shake It Out! 2pm: Guided Meditation 3pm: Recovery Life Skills 4pm: Book Club 5:30: SMART meeting</td>
<td>*Closed for Peer Workforce Training 9:00-3:00pm 3-6pm: Open Activities 4:30: AA Open Meeting</td>
<td>11am: Morning Mindfulness 12pm: LGBTQIA+ Circle 3pm: Music in Recovery 5pm: Beginners Yoga</td>
<td>9:30am: Qi Gong 10am: SMART meeting 10am: Grieving Families 1pm: AA Open Meeting 2-4pm: Saturday Sunshine</td>
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<tr>
<td>10am-1pm: Family Day 12pm: BYO Lunch Outside 1-4pm: Movie/Games/Art FUN! Cookie Baking @ Noon Football Sunday!</td>
<td>11am: Morning Mindfulness 12pm: LGBTQIA+ Circle 1pm: Arts &amp; Crafts 4pm: Participant Choice</td>
<td>10am: Intro to Recovery 2pm: TED Talks 4:30pm: AA Lit Meeting</td>
<td>5pm: Volunteer Meeting Open Chess Games!</td>
<td>11am: Music is Healing 1pm: Intro to Recovery 2pm: Expressive Writing 4:30: AA Open Meeting</td>
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| 28 | 29 | 30 | 31 | *If you have any ideas for new groups bring them to us!* | *Tell all your friends in Recovery!! We are open to everyone!!*

**August 2022**

Best Self Recovery Community  
69 Linwood Avenue Buffalo NY 14209  
(716) 539-5260
ONGOING STUFF:

**Coloring/Crafts**
Coloring! Come in and color your heart out! Sketch! Create! Paint! Is available every day!

**Computers**
Need to build a resume? Write a cover letter? Want to check Facebook? Our computer lab is available every day!

**Games!**
Board games! Video games! Mini-corn hole! Foosball! We got it all! Is available every day!

Follow us on Facebook @bestselfrecoverycommunity

RECOVERY COMMUNITY @BestSelf provides community support in a safe, non-judgemental setting for anyone in recovery from substance use disorder and their family members. The Recovery Community is a non-clinical, peer run, environment with peer advocates on staff to support your needs. Participants can choose to engage in multiple activities or simply relax. The RECOVERY COMMUNITY is always looking for volunteers and ideas for groups! Bring us your thoughts and feedback!

**OUR GROUPS:**

- **Tuesdays 10am to 11:45am are RESERVED FOR RESIDENTS OF THE LIGHTHOUSE ONLY.**
- **LGBTQIA+ Circle** - A group for LGBTQ+ folks in recovery held in a safe, nonjudgmental space to share experiences and create discussions.
- **SMART Recovery** - Self-Management And Recovery Training (SMART) participants help one another resolve problems with any addiction (not just substance), participants find and develop the power within themselves to change, and lead fulfilling and balanced lives!
- **Morning Mindfulness** - One of our peers leads a meditation followed by a discussion related to it, where we learn how Mindfulness can aid our Recovery.
- **ShakeItOut!** - Embracing your recovery, the ups & the downs...ENERGETICALLY with movement we share about our journey!
- **Beginners Yoga** - Join us for relaxing movements that will soothe your mind and muscles! (*everyone welcome! Chair Yoga available!)
- **Positive Affirmations** - Daily positive affirmations have real power — and that’s a science-backed fact. We have fun activities to share POSITIVITY in our community!
- **Qi Gong** - body-postures and movements, breathing, and meditation used for the purposes of health, spirituality to aid our Recovery. (*everyone welcome, no prior experience necessary!)
- **Saturday Sunshine** - Now that the weather is warm, we can have outdoor activities from a walk in the park, to chalk-art on the sidewalk, the sky is the limit!
- **Grieving Families** - For those family members who have lost loved one to addiction.
- **Expressive Writing** - We provide a subject/theme in Recovery and its your choice how to express it! Journal, poetry, short story — writing it out is healing!
- **Networking In Recovery** - Going over local resources for people in recovery.

RECOVERY COMMUNITY COVID-19 GUIDELINES

The room referred to as "yoga room" are designated for self-help meetings only

Upon entry our staff will provide a questionnaire. The staff member will review your answers and direct you appropriately. All people inside 69 Linwood will wear a mask. We can provide you with one to use if you do not have one. We provide hand sanitizer in the lobby as you enter, we encourage you to use it as you enter. There are additional dispensers throughout the center. We observe social distancing throughout the center. You will see the center is set up appropriately.

*These specific guidelines are to ensure the health and safety of everyone. Thank you for your cooperation.*

- Chairs are properly spaced to maintain 6 ft. guidelines
- The computer area accommodates 2 people and chairs are appropriately distanced
- The TV area accommodates 1 person per couch and armchairs are appropriately distanced.
- The lobby is appropriately distanced and may be used.